



ASMC Newsletter . . . Mount Vernon Chapter

PRESIDENT'S MESSAGE

By John Raines, CGFM and Billy Antley, Col

Happy Fiscal New Year from both your co-presidents. Now that everyone can lean back and take a short breather, we can look forward to a great ASMC Mount Vernon chapter year. Your new executive committee is in place and we are on our way to achieve our five star rating. There are some great luncheon programs lined up and we have some great community support activities ongoing (I urge you all to support our donation of telephone credit cards to wounded service members - many are far away from home as they convalesce and greatly need the lift of a friendly voice).

ASMC national headquarters has announced an expansion of its educational grants and scholarships and I hope many of you will apply and take advantage of this opportunity. This year's mini PDI is already in the works and I am trying to get instructors from the Federal Executive Institute to teach paid for by our national as well. We are also looking into getting Management Concepts Incorporated to come out for this event!

The local mid-year national council meeting is coming up on 8-9 November. If you are interested in attending, please contact John Raines at rainesj@msn.com . The meeting consists of professional training and updates on Defense Financial Management and is normally reserved for chapter presidents and one other chapter representative but since Mr. Raines is also on the national staff we should be able to accommodate a couple of folks. There is a charge but perhaps the chapter will generously step forward and do some funding!

We also are looking to increase the number of social events we host as well. These are always popular as evidenced by last fall's picnic! So mark your calendars, show up and enjoy a great professional year! We look forward to seeing you!!...and tell your friends about it!! We always welcome new members.

Table of Contents

President's Message.....	1
Chapter News.....	2-4
Community Services News.....	5/6
Fort Belvoir Credit Union News.....	7
Federal Times.....	8
Chapter Roster.....	9

Chapter News

**5 AUGUST 2004
EXECUTIVE
COMMITTEE MINUTES
by Briddgett Tate**

The CEC meeting of the Mount Vernon Chapter of the American Society of Military Comptrollers was called to order at 11:30 by Co-President John Raines. The meeting was held in the Humphreys Engineering Center board room of the Kingman Building.

The following Officers were in attendance:

John Raines, Co-President
Rose Green, Vice President
Stacey Royston, Newsletter Director
Dana Horner, Co-Programs Director
Deborah McLaurin, Co-Programs Director
Briddgett Tate, Secretary
Kim Diep, Co-Services Director
Maribelle Jocson, Co-Services Director
Jim Davis Co-Social & Community Services Director
Tom Lord, Treasurer
Connie Harding, Co-Web Master

Officer's Discussion:

President - John - Officers introduced themselves. Instructed to continue with an August luncheon. Send the flier out, reserve a less private room, and if there is not a good show we'll re-invite the speaker at a later luncheon. The member roster may be late this year. Briddgett to talk with Betty about a generic memo for submission of our competition/five star information. John wants to send out our response as soon as possible. John asks Dana to send him an e-mail with the program list for the year so he can turn it in for points on our competition/five star.

Vice President - Rose - Indicated she is not getting external e-mails; please call to confirm anything until this is fixed. Suggested putting the CEC roster on the national website. Informed members that she had a corporate member plaque and wanted to confirm if they should be invited to a luncheon. John confirmed. Received a 2003 plaque for community service that is for the board. Stacey mentioned that Harry had the board at one point in time. Briddgett offered to check and see if Harry still had the board.

Newsletter Director - Stacey - Indicated that she is not resigning. She will move from a monthly to quarterly newsletter.

Program Directors - Dana and Deborah - Dana indicated that the program for the year is done but not complete. She was concerned if there should be a September luncheon since year-end is approaching. Requested topics for the September luncheon; Briddgett offered a year-end related topic by DFAS. John will consider the topic and speaker. Jim offered that he has information on community service speakers.

Secretary - Briddgett - Asked for a review of the July minutes for approval. With some changes requested by some members, the minutes were approved as follows: John recommended approval of the minutes, Rose seconded the motion, and the motion was carried. The question of how members are excused came about and John decided, per suggestion by Jim, that it wasn't important to put that lengthy information in the minutes.

Services Directors - Kim and Maribelle - Kim said there was no confirmation yet on the number of attendees for the August luncheon. She requests the final number by Tuesday.

Social & Community Services Director - Jim - The community service plan is being worked. It will be posted to the website when completed. Our chapter donated \$1,000.00 for the military phone card per John. John mentioned about the Fisher House at Walter Reed Hospital. Someone asked if school supplies were on the plan; Jim responded that they are not currently a part of the plan, but will be added.

Treasurer - Tom - Account balance: \$8,383.48 checking and \$1,002.11 savings. John has a bill to give to Tom for payment. Tom has three prior months of invoices needing approval. There is a request form approved by the President used to request payments of items. There is a charge of \$20 for a plaque for Pat's service. Buy stamps by the roll and request reimbursement with the receipt. Tom requested John's signature to approve Tom as a certified representative at the bank for the account transactions. Tom has files to give to John for the audit.

Web Master - Connie - Connie mentioned that there are no web sponsors and no sponsor POCs. She needs everyone to review the website and provide her with any updated information. For submission of image documents to her, Connie is requesting an external source: CD, embedded word documents, or hard copy she can scan at home.

New Business - INSCOM RM conference next week...no attendees at August luncheon. John has picnic photos to submit for the newsletter.

Old Business - Brief discussion of CEC meeting and luncheon being moved...no final determination because either being moved confuses with the holidays

Announcements - The next CEC meeting will be held in the Eagle's Espresso Bar on September 2nd, 2004, at 11:00, per confirmation.

There being no further business, the meeting was adjourned at 12:30.

Chapter News

**2 September 2004
EXECUTIVE
COMMITTEE MINUTES
by Briddgett Tate**

The CEC meeting of the Mount Vernon Chapter of the American Society of Military Comptrollers was called to order at 11:30 by Co-Presidents COL Antley and John Raines. The meeting was held in the Eagles Expresso Bar Meeting Room.

The following Officers were in attendance:

COL Antley, Co-President
John Raines, Co-President
Angela Watkins, Education Director
Dana Horner, Co-Programs Director
Deborah McLaurin, Co-Programs Director
Kim Diep, Co-Services Director
Tom Lord, Treasurer
Connie Harding, Co-Web Master
Arnold Anderson, Co-Web Master

Officer's Discussion:

Presidents – COL Antley and John – COL Antley indicated that membership needs to improve. John plans to contact Stacey regarding the newsletter. COL Antley provided his new phone number (703) 428-4962.

Education Director – Angela – John told Angela to book the hotel for the PDD. Kim will get in touch with Angela to help with the reservation.

Program Directors – Dana and Deborah – Deborah told John to get the FY04/05 program from Marticia.

Services Director – Kim – Kim passed out the calculations of the luncheons for meal cost, tips, etc. because she wanted opinions to get more members/attendance. She will send out October luncheon flyer soon.

Treasurer – Tom – Account balance:

Webmasters – Connie and Arnold – Connie and Arnold passed out the web address for all attendees. They listed functions of which they received pictures to be posted to the web: luncheons for Jun 04, May 04, Nov 02, Oct 02; officer installation 03; PDD 03 and 04; and PDI 04. There was mention that hard copy pictures can be scanned and returned. Connie and Arnold can receive via e-mail all files except .bmp files; these files must be imbedded in the e-mail or provided via CD.

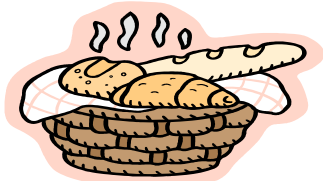
Announcements - The next CEC meeting will be held in the Humphreys Engineering Center board room of the Kingman Building on October 7th, 2004, at 11:30, per confirmation from Stacey.

There being no further business, the meeting was adjourned.



Chapter News

NOVEMBER LUNCHEON



DATE/TIME: Tuesday, 16 November 2004
beginning at 1130

TOPIC: Taxation, briefed by Mr. Tim
Pickney, Tax Specialist

LOCATION: Mount Vernon Inn Restaurant

MENU/COSTS:

1. \$14.00 (Members), \$15.00 (Non-Members): Chicken Fried Steak with Country Gravy (Homemade mashed potatoes, fresh garden vegetable served with a tossed salad, homemade corn muffins with butter)

2. \$13.50 (Members), \$14.50 (Non-Members): Roast Beef with Gravy (Homemade mashed potatoes, fresh garden vegetable served with a tossed salad, homemade corn muffins with butter)

3. \$13.50 (Members), \$14.50 (Non-Members): Vegetarian Pasta Marinara (Roasted fresh vegetables and Marinara sauce)

4. \$11.50 (Members), \$12.50 (Non-Members): Valley Forge Soup and Sandwich (A steaming mug of homemade soup accompanied by half of a ham and Swiss cheese sandwich on rye bread)

5. \$11.00 (Members), \$12.00 (Non-Members): Turkey and Bacon Caesar Salad (Crisp romaine lettuce tossed with cubed roast turkey breast, chopped bacon and a Caesar dressing topped with fresh Parmesan cheese and croutons)

6. \$11.00 (Members), \$12.00 (Non-Members): Colonial Beef Pie (A hearty crock of beef and vegetable topped with a homemade buttermilk biscuit)

All lunches include a choice of fountain drink, tea, coffee, or milk and a slice of apple, cherry, or pecan pie.



Grapevine News



WEBMASTERS

Pictures for the following functions have been posted to the website:

June 2004 Luncheon
May 2004 Luncheon
Nov 2002 Luncheon
Oct 2002 Luncheon
Officer Installation 2003
PDD 2003
PDD 2004
PDO 2004

Please view the pictures at:

http://www.hecsa.usace.army.mil/asmc_mtverson

DCAA

Congratulations to:

Tisha Jordan, a DCAA Accountant,
for getting her CDFM.

Sandra Anderson, a DCAA Accountant,
for getting CPA from the State of VA.

BULLETIN POC CHANGE

Beginning immediately, to submit information for inclusion in the bulletin, contact Rick Arndt. richard.arndt@belvoir.army.mil Items going to the Belvoir Eagle for briefs and to Cable 3 for announcement still may be sent to Vivian_E_Morris@belvoir.army.mil The Belvoir Bulletin is a means for reminding community members of upcoming events, providing notification of important changes in near-real time, or promoting ongoing programs.

COMMUNITY SER

COMMUNITY SERVICES INFORMATION BY KATHLEEN HOLCOMBE

Jim Davis and I are currently serving as the 2004-2005 Mt Vernon Chapter Social and Community Service Co-Directors. Attached is a copy of the social and community service agenda that we developed for the chapter. At this time, I would like to recognize the following members who donated used cell phones, old eyeglasses, and contributed to the Military Phone Card program at today's ASMC luncheon. Thank you so much - we greatly appreciate your support!

Arnold Anderson, USACE
Venetta Carter, PEO EIS
Kim Diep, USACE
Valerie Durham, INSCOM
Karen Grecian, DCAA
Connie Harding, USACE
Kathy Holcombe, PEO EIS
Melody O'Brien, PEO EIS
Colleen Ore, DLA
Fran Piper, USACE
John Raines, ASMC
Russ Tillett, PEO EIS

Upcoming events:

- Nov 04 - continue collecting old cell phones for the Venison Hope line program, old eyeglasses for the local Lions Club, and Military Phone Card donations
- Nov 04 - collect school supplies for the Ft Belvoir Elementary School (more info to come)
- Dec 04 - collect donations for Toys-for-Tots Program (more info to come)

Please note that I will be sending you monthly reminders and progress reports in an effort to keep you better informed of the chapter social and community service events. We are soliciting your active participation in making these events a huge success and welcome any and all suggestions/recommendations! Keep in mind that many of these efforts will be ongoing through June 05, and it is crucial that we capture your participation, especially for continuing events like the Military phone card program, blood drive participation, etc. We are required to track membership participation in order to adhere to chapter competition criteria as well as achieve "Five Star Status" - help us in getting the Mt Vernon chapter recognized at this years 2005 PDI in Salt Lake City, Utah!

Therefore, please send both Jim (James.Butler.Davis@us.army.mil) and I an email with the following information (see below) whenever you participate in one these social and community service events. Thanks so much for your chapter contributions and support!

NAME:
ORGANIZATION:
PHONE NUMBER:
EMAIL ADDRESS:
SOCIAL & COMMUNITY SERVICE EVENT:

ANNUAL CHAPTER PROGRAM REPORT

ASMC Mt Vernon Chapter Social and Community Service Program for 2004-2005

Community Service

Each chapter that provides Community Services will receive 50 points for each separate project. Examples of Community Services categories are Arts and Humanities; Education; Environment; Health; Human Services; Public Safety; and Youth Services. Each Community Service Project must have a minimum of 20 hours of service conducted by ASMC members. The project must be a chapter sponsored activity, not an individual effort. Points claimed must be substantiated by completing the Community Service Report, schedule E, demonstrating chapter involvement and documenting hours of service.

50 points per event

250 points maximum

All chapters that meet a minimum of service hours will be recognized at the National PDI. To be recognized at PDI for Excellence in Community Service, chapters must meet a minimum of number of community service hours as follows:

Category:	A-1	A	B	C
Minimum of Service Hours:	150	125	100	75

COMMUNITY SERVICE PROJECTS CERTIFICATION – Schedule E

Shaded areas are provided as samples

Provide brief description of project:	# of Community Service Hours
Example: Collected toys & clothing for homeless shelter at Christmas	30
Collecting phone cards/donations for the Military Phone Card Program (September -November 04)	
Collecting old cell phones for the Verizon Hopeline program and old eyeglasses for the local Lion's Club (October 04)	
Collecting School Supplies for the Ft Belvoir Elementary School (November 04)	
Collecting for Toys-for-Tots program (December 04)	
Collecting "Soup"er Bowl Canned Goods for Ft Belvoir Homeless Shelter (January 05)	
Voluntary Income Tax Assistance Program to assist the elderly and low-income families (January-April 05)	
Collecting for Azalea Charities for the Wounded Soldiers Donation Program (Walter Reed Hospital and the National Naval Medical Center, Bethesda – February-March 05)	
March of Dimes Walkathon and also partner with Northern Virginia Association of Government Accountants (AGA) in Multiple Sclerosis Walk (April 05)	
Collecting for Ft Belvoir Homeless Shelter (May-June 05)	
Participate in Ft Belvoir Chapter Red Cross Blood Drives (December 04-June 05) – next tentative date is 2 December 2004	
Total number of Community Service Project	
Total number of Community Service Hours	

For More Information:

ASMC National Awards Committee

Chapter Award Program Application
3-32-42, SN 7-04; Email: awards@asmc.org



FORT BELVOIR CREDIT UNION NEWS



News and Promotions:

- **Tax Strategies**
 - November 10th
 - Fort Belvoir Community Club
 - 12:00 pm to 1:00 pm
- **Financial Counseling**
 - November 10th
 - Andrew McNamara Complex (DLA), Room 0535
 - 11:30 pm to 12:30 pm
- **Kid's Certificate**
- **Mortgages**
- **FREE Online Bill Pay!!**
- **FREE eStatements**
- **FREE Checking with Direct Deposit**
- **Membership Privileges**

*** Free Financial Seminars**

Fort Belvoir sponsors free financial seminar's every second Thursday of the month (unless otherwise noted) at the Fort Belvoir Community Club from noon to 1 pm and monthly at the Andrew T. McNamara Building (aka: DLA). Please visit our website for dates and information and/or to register today!

***Kid's Certificates!!**

FTBFCU believes in helping our children succeed and is committed to providing financial literacy education to the youth in our community. That is why we are introducing our Kid's Certificate to all Members 18 years old and younger.

Account includes **NO minimum balance** with periodic deposits up to a maximum of \$1,000 for a term of one year.

The Kid's Certificate provides higher earnings than regular certificates and promotes savings. A good learning tool to instruct investment diversity. The certificate is renewable so that members may take advantage of the higher earnings until age 18.

*** Mortgages**

Yes! We offer Mortgage Loans in all 50 states. Whether you are buying a home or refinancing your current home, FTBFCU stands ready to assist you with a variety of competitively priced products. Contact FTBFCU's Mortgage Specialist today at (703) 730-1800 ext 5147.

*** FREE Online Bill Pay for all!**

Take a vacation from writing checks and using stamps. All members can now enjoy worry-free online bill paying for

FREE! Relax and be assured that your bills are paid on time-when you decide. You're in complete control of your finances with Fort Belvoir Online Bill

Pay (BOB). Log onto www.ftbfcu.org to experience Online Bill Pay for **FREE!**

***Free eStatements**

Get your FTBFCU statement electronically* with our secure eStatement service. It is easy to enroll in the **FREE** service.

FTBFCU's new eStatement service means you won't have to wait for your statements to arrive by mail and you are helping to save the credit union money in printing and postage.

***Free Checking with Direct Deposit**

Are you looking for more options when it comes to your checking account? We've created a **FREE** checking account to suit your lifestyle. Convenience Checking with Direct Deposit offers **FREE** Checking with a complimentary box of checks. It also features no minimum to open, no monthly fees, free overdraft protection, free Bill Pay, and a 25 percent discount on new or used car loans. Plus, you get "Anytime-Anywhere" access to your account with BelTel and BOB! The **ONLY** requirement for Convenience Checking is that you have direct deposit. Come see how easy banking really is! Open a **FREE** Checking account today.

*** Membership Privileges**

As a member of a credit union, you become a part owner of an institution that is unique in the financial world. Credit unions exist solely for the purpose of meeting the financial needs of their members. To that end, credit unions not only provide outstanding personal service, but members often earn higher returns on their savings while paying lower rates for loans.

For additional information, please contact:

Allyson Teevan, Marketing Communications Specialist
Fort Belvoir Federal Credit Union
Phone: 703-730-1800 ext: 5151
Fax: 703-730-1410
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Federal Times Top News



Health insurance premiums rise 7.9% in 2005

By [TIM KAUFFMAN](#)

Workers and retirees in the federal health insurance program will pay 7.9 percent more for coverage on average next year, the smallest increase in six years, the Office of Personnel Management announced Sept. 13.

Employees outside the U.S. Postal Service and retirees will pay an extra \$4.32 on average every two weeks for self-only coverage and \$9.99 for family coverage. Biweekly premiums for Postal Service employees will increase \$2.69 on average for individual coverage and \$5.17 for family plans.

Rates in the most popular plan, the Blue Cross and Blue Shield Association's standard fee-for-service option, will increase 6.75 percent on average. Enrollees in that plan will pay an extra \$1.81 every two weeks for individual coverage and \$5.18 for family coverage.

Premiums in the Federal Employees Health Benefits Program (FEHBP) increased 10.6 percent on average this year, the fourth consecutive year of double-digit rate hikes. The substantially smaller increase for 2005 represents a "significant downward trend" in the cost of health care for federal employees, retirees and their families, OPM Director Kay Coles James said. Still, James said OPM's work to contain future cost increases isn't over.

"While it is good news, it's still not as good as we would like and we're going to stay at it," she said.

James cited several reasons for the lower rate hikes, including tough negotiations between OPM and health insurers, competition between plans, and smart consumers making educated choices about their health care.

One tactic not used to lower rates was shifting costs from insurance companies to enrollees through higher deductibles or out-of-pocket expenses, such as copayments for doctor's visits and prescription drugs, said Abby Block, deputy associate director for OPM's Center for Employee and Family Support Policy. The lower rate hike "was not accomplished by reducing benefits," Block said.

Increases in the use and cost of medical services and technology, coupled with higher drug costs, accounted for nearly all of the rate increase, OPM officials said. OPM also is counting on more people leaving higher-cost plans for less expensive options, which helps to offset part of the premium increase.

Employees can select new plans or options for 2005 during the open season, which runs from Nov. 8 to Dec. 13. There will be 249 plans in the FEHBP in 2005, up from 209 this year. Eighteen of those new options are high-deductible plans that feature health savings accounts or health reimbursement arrangements, which allow enrollees to avoid deductibles and other out-of-pocket costs if they limit their health care expenses to a set amount each year.

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